

# Baked Tortilla Chips

**Makes:** 6 Servings

## Ingredients

3 flour tortillas (10-inch, whole wheat)  
cooking oil spray  
salt (optional)

## Directions

- 1) Preheat oven or toaster oven to 400°F.
- 2) Lightly grease a baking sheet with the cooking spray.
- 3) Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.
- 4) Spray tops of tortilla sections with cooking spray and lightly salt, if desired.
- 5) Bake for 10 minutes, until crisp and light brown, watching closely so the chips don't burn.

## Notes

- Corn tortillas may also be used for less calories and fat.